



NMCPHC QUICK HITS

Mental Health Month

May 2016 is National Mental Health Month. National Mental Health Month is an annual campaign designated to promote the importance of public education and awareness about mental health. Each day, the demanding military environment and experiences in combat endured by our uniformed men and women can take a toll on personal emotional and psychological health. If neglected, certain psychological stressors may lead to substance use, suicide, homelessness, and/or involvement with the criminal justice system. As a part of Navy Medicine, the Navy and Marine Corps Public Health Center's (NMCPHC) Health Promotion and Wellness (HPW) Department offers tips and resources to help you, your fellow service members, and those around you improve their mental health.



Reach Out to Someone When You're Grieving

Reaching out to your support network of family and friends and accepting support when you are grieving is an important part of coping with your loss. While you may find yourself wanting quiet time or time alone, it is important not to isolate yourself. You may find that joining a peer support group with individuals who have experienced a loss similar to yours is helpful. Read more about how to [cope with loss and understand grief](#) on NMCPHC's HPW website.

Take Care of Yourself

Taking care of yourself can help your body and mind better [navigate stress](#) and repair itself. When experiencing mental health stressors, it's more important than ever to eat healthy, exercise regularly, get plenty of sleep and rest, stay positive, avoid excessive alcohol use and quit tobacco.

Sleep Well

Good sleep is crucial to both physical and psychological health and wellness, and it is more important than ever when recovering from a wound, illness, or injury. Quality sleep can reduce the risk of depression and anxiety, expedite recovery from a traumatic brain injury, and improve quality of life for those coping with cancer and cancer survivors. NMCPHC has resources to help you [understand the relationship between sleep and recovery](#) and the [WII Sleep Toolbox](#) has practical tools to help you identify "sleep stoppers" and stop "sleep sabotage".

Relax, Relax

Check out NMCPHC's relaxation toolkit, [Relax, Relax](#). The toolkit was designed for use by Sailors and Marines to reduce stress and optimize performance through various ready-to-use resources and relaxation techniques such as breathing, guided imagery, and meditation.

Checkout the [Mental Health](#) toolbox for additional tips to help improve your mental health and know when to get help from a professional.

